

HOMEMADE BREADS, BUNS & SCONES



about HOMEMADE BREADS, BUNS, SCONES...

More and more women are finding it economical and rewarding to make their own bread, and we give recipes here for all the favorite types of bread, with simplified methods. As well, we've added recipes for sweet buns and a wide variety of sweet and savory, mixed-in-minutes scones.

Ellen Sinclair

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COMPRESSED OR DRY YEAST?

The majority of recipes in this section which use yeast have compressed yeast specified as an ingredient. However, active dry yeast can be substituted. Use two level teaspoons of active dry yeast in place of each 30 g (1 oz) compressed yeast. Sift the dry yeast with the dry ingredients, mix in the liquid, then proceed according to the individual recipes.

Photography by Garry Isaacs

PLAIN WHOLEMEAL BREAD



3 cups wholemeal
plain flour
1 cup plain flour
2 teaspoons salt
1 teaspoon sugar

30 g (1 oz.) compressed
yeast
1 cup lukewarm milk
1 cup lukewarm water

Cream yeast and sugar, add lukewarm milk; stand in warm place until frothy, approximately 10 minutes. Sift flours and salt in large basin, make well in centre. Pour in yeast mixture and water. Beat with wooden spoon from centre and out towards the sides of bowl, beat well until all flour has been incorporated; turn out on to lightly-floured surface, knead well until smooth. Return to bowl, cover with clean cloth, let stand in warm place until doubled in bulk, approximately 30 minutes.

Turn out on to lightly-floured surface, knead until smooth. Shape into smooth loaf, put in lightly-greased 23 cm x 12 cm (9 in. x 5 in.) loaf tin. Cover, let rise until dough reaches edge of tin, approximately 20 minutes. Brush top lightly with milk or oil. Bake in hot oven 15 minutes, reduce heat to moderately hot, bake further 30 minutes.

CHEESE AND ONION SCONES



CHEESE AND ONION SCONES (at right)

3 cups self-raising flour
 ½ teaspoon salt
 45 g (1½ oz.) butter
 60 g (2 oz.) grated
 cheddar cheese
 60 g (2 oz.) grated
 parmesan cheese

1 tablespoon chopped
 parsley
 1 medium onion
 1¼ cups milk, approx.

Sift flour and salt into bowl. Rub in butter, stir in cheeses, parsley and grated onion. Pour nearly all the milk in at once, mix to a soft dough. (Flours vary in the way they absorb liquid; if mixture is not soft enough, add remaining liquid.) Place on floured surface, knead lightly. Pat dough out to approximately 2 cm. (¾ in.) thickness. Cut into rounds with floured cutter. Place on greased oven tray. Bake in hot oven 15 minutes or until golden. **Makes about 20 scones.**

HERBED SCONES (at left)

3 cups self-raising flour
 ½ teaspoon salt
 45 g (1½ oz.) butter
 2 teaspoons mixed herbs

1 tablespoon chopped
 parsley
 ¼ teaspoon cayenne
 1 cup milk, approx.

Sift flour and salt into bowl. Rub in butter, stir in mixed herbs, parsley and cayenne. Pour nearly all the milk in at once, mix to a soft dough; if mixture is not soft enough add remaining liquid. Place on floured surface, knead lightly. Pat dough out to approximately 2 cm (¾ in.) thickness. Cut into rounds with floured cutter. Place on greased oven tray. Bake in hot oven 12 to 15 minutes or until golden.

Makes about 18 scones.

LEMON COCONUT RING**LEMON COCONUT RING***(shown in picture)***4 cups self-raising flour****1 teaspoon salt****2 teaspoons sugar****60 g (2 oz.) butter****1 tablespoon grated****lemon rind****1 cup chopped raisins****2 eggs****1 ¼ cups milk****½ cup coconut****¼ cup castor sugar****2 tablespoons grated****lemon rind, extra****30 g (1 oz.) butter, extra**

Sift flour, salt and sugar together in basin. Rub in butter until mixture resembles fine breadcrumbs. Add lemon rind and raisins. Add nearly all combined beaten eggs and milk at once; add remainder, if necessary, to mix to a soft dough. Place on lightly-floured surface, knead lightly.

Combine coconut, castor sugar and extra lemon rind. Roll dough into 24 balls, brush each with extra melted butter and roll in coconut mixture. Put balls in 2 layers in a greased 20 cm (8 in.) ring tin. Bake in hot oven 25 to 30 minutes. Serve buttered.

STICKY BUNS**155 g (5 oz.) butter****½ cup brown sugar****½ cup chopped walnuts****2 cups self-raising flour****½ teaspoon salt****2 large bananas****½ cup milk****30 g (1 oz.) butter, extra****¼ cup brown sugar extra**

Cream 125 g (4 oz.) butter and brown sugar until light and fluffy. Spread over base of greased 20 cm (8 in.) sandwich tin. Sprinkle walnuts over. Sift flour and salt, rub in remaining 30 g (1 oz.) butter, add mashed bananas, mix to a soft dough with milk. Turn on to lightly-floured board, knead well.

Roll to an oblong 23 cm x 30 cm (9 in. x 12 in.), brush with extra melted butter, sprinkle with extra brown sugar and roll up. Cut into 1 cm (½ in.) slices. Place in tin cut side up, covering walnuts. Bake in hot oven 20 minutes or until cooked.

CINNAMON SNAILS



CINNAMON SNAILS

3 cups plain flour
pinch salt
2 tablespoons sugar
250 g (8 oz.) butter

30 g (1 oz.) compressed yeast
½ cup lukewarm milk
3 egg-yolks

Cream yeast with 1 teaspoon of the sugar. Add lukewarm milk, let stand in warm place 5 minutes. Sift flour, salt and remaining sugar into bowl; rub in butter until mixture resembles fine breadcrumbs.

Add egg-yolks to yeast mixture, beat with rotary beater 3 minutes. Add to flour mixture, mix to a soft dough. Wrap dough in aluminium foil, refrigerate several hours or overnight. Remove from refrigerator half-an-hour before dough is to be used. Roll out dough on lightly-floured surface to 28 cm x 38 cm (11 in. x 15 in.). Spread walnut filling evenly over dough.

Roll up carefully as for swiss roll. Slice roll into 12 even slices, place into greased and greased-paper-lined 28 cm x 18 cm (11 in. x 7 in.) lamington tin. Cover with clean cloth, let rise in warm place 15 to 20 minutes. Bake in hot oven 15 minutes, reduce heat to moderate; cook further 10 minutes or until golden brown. When cold, drizzle over prepared icing.

WALNUT FILLING

125 g (4 oz.) walnuts
1 cup sugar

1 tablespoon cinnamon
2 egg-whites

Place finely-chopped walnuts, sugar and cinnamon into bowl; mix well. Beat egg-whites until soft peaks form, fold into walnut mixture.

Icing: Place ¾ cup sifted icing sugar and 1 teaspoon butter in bowl; gradually beat in milk until icing is of pouring consistency. Stand bowl over a saucepan of simmering water. Stir constantly until icing is shiny.

CHEESE BREAD**CHEESE BREAD**
(below)

2 cups self-raising flour
1 teaspoon salt
pinch pepper
1 teaspoon dry mustard

60 g (2 oz.) cheese
1 egg
 $\frac{2}{3}$ cup milk
90 g (3 oz.) butter

Sift flour, salt, pepper and mustard into bowl, add grated cheese. Combine beaten egg and milk, mix through flour, add melted butter, mix well. Put in greased and greased-paper-lined 20 cm x 10 cm (8 in. x 4 in.) loaf tin.

For topping melt 30 g (1 oz.) butter, brush over dough, sprinkle with 30 g (1 oz.) grated cheese. Bake in moderate oven about 40 minutes or until cooked when tested.

DAMPER
(above)

4 cups self-raising flour
1 teaspoon salt

$1\frac{1}{3}$ cups water

Sift flour and salt into basin, add water all at once, mix lightly. Turn on to lightly-floured board, knead lightly until smooth. Press into round shape about 20 cm (8 in.) in diameter, put on lightly-greased oven tray. Mark into wedges with floured knife. Bake in hot oven 10 minutes, reduce heat to moderate, cook further 15 minutes or until damper sounds hollow when tapped with fingertips.

Serve hot with butter.

PIKELETS

PIKELETS
(at left)

1 cup self-raising flour

pinch salt

 $\frac{1}{4}$ teaspoon bicarbonate
of soda $\frac{1}{2}$ cup sour milk

3 tablespoons sugar

1 egg

2 teaspoons melted butter

Note: Fresh milk soured with 1 teaspoon vinegar or lemon juice can be used in place of the $\frac{1}{2}$ cup of sour milk listed above.

Sift dry ingredients, add sugar. Mix to a smooth batter with beaten egg and milk, add melted butter.

Heat and grease pan, drop heaped teaspoons of batter on to pan, cook until bubbly on top, light brown underneath. Turn, cook other side.

Makes about 12.

AMERICAN GRIDDLE CAKES
(right)

1 cup self-raising flour

 $4\frac{1}{2}$ tablespoons full-
cream milk powder $2\frac{1}{2}$ teaspoons baking powder $\frac{1}{2}$ teaspoon salt

1 egg

1 tablespoon sugar

1 tablespoon melted butter

 $\frac{2}{3}$ cup water

Sift together flour, powdered milk, baking powder and salt; add sugar. Beat egg lightly, add water and melted butter. Beat liquid into flour mixture until smooth. Heat frying pan, grease, pour in $\frac{1}{4}$ cup of the batter. Cook until bubbly and browned at edges. Turn and cook other side. Repeat with remaining batter. Serve warm, buttered, or with honey.

Makes 6 large or 12 small griddle cakes.

CREAM BUNS



CREAM BUNS

4 cups plain flour
60 g (2 oz.) butter
¼ cup sugar
½ cup lukewarm milk
1 teaspoon water, extra

1 cup lukewarm water
30 g (1 oz.) compressed yeast
1 egg-yolk

Cream yeast with 1 teaspoon of the sugar, add lukewarm milk. Let stand 10 to 15 minutes, until frothy.

Sift flour and remaining sugar into bowl. Rub in butter until mixture resembles fine breadcrumbs. Make well in centre of dry ingredients, add yeast mixture and lukewarm water, mix to soft dough. Turn out on to floured surface; knead 5 minutes. Place dough into lightly-oiled bowl, cover and stand in warm place 1 hour or until dough has doubled in bulk. Punch dough down in bowl. Turn dough out on to floured surface; knead 5 minutes. Divide dough into twelve even portions.

Knead each portion of dough into a round. Place rounds of dough on well-greased oven trays, allowing room for spreading. Place in warm place 10 minutes or until half-doubled in size. Brush buns with combined egg-yolk and extra water. Bake in hot oven 10 minutes, reduce heat to moderate, bake further 15 minutes or until golden brown. Place buns on wire rack, brush with sugar glaze. See **S17** in this set. When cold split open, fill with raspberry jam and whipped cream or mock cream. Dust each bun with a little sifted icing sugar.

MOCK CREAM

⅓ cup water
½ cup sugar

125 g (4 oz.) butter
½ teaspoon vanilla

Combine water and sugar in saucepan, stir over heat until sugar is dissolved; increase heat, bring to boil. Remove from heat, allow syrup to become completely cold. Beat butter and vanilla until white and fluffy, gradually pour in cold syrup, beating constantly.

WHOLEMEAL BREAD



WHOLEMEAL BREAD

1 kg (2 lb) wholemeal plain
flour (no. 1)

1 cup wholemeal plain
flour (no. 2)

3 tablespoons sugar

2 teaspoons salt

30 g (1 oz.) compressed yeast

1 teaspoon sugar extra

1 cup lukewarm water

1 cup milk

½ cup water, extra

60 g (2 oz.) butter

Cream yeast and 1 teaspoon of the sugar together, add 1 cup lukewarm water. Stand in warm place until frothy, approximately 10 minutes.

Sift wholemeal flour No. 1, sugar and salt into bowl. Return husks left in sifter to flour in bowl. Stir in wholemeal flour No. 2. Rub in butter until mixture resembles fine breadcrumbs. Place milk and extra water in saucepan, heat until lukewarm, remove from heat. Add, with the yeast mixture, to dry ingredients; mix well. Turn out on to floured surface, knead 5 minutes. Place dough in lightly-oiled bowl, brush top of dough with oil from sides of bowl. Cover and stand in warm place 30 minutes or until dough has doubled in bulk. Turn out on to floured surface, knead 5 minutes. Divide in two, divide one half of dough in half again, knead each half into rounds. Place the two rounds side-by-side into well-greased 23 cm x 12 cm (9 in. x 5 in.) loaf tin. Repeat with remaining dough, placing into another 23 cm x 12 cm (9 in. x 5 in.) loaf tin. Stand tins in warm place 15 to 20 minutes or until bread has risen to top of tins. Brush dough with water, sprinkle with a little salt, if desired. Bake in hot oven 15 minutes, reduce heat to moderate, bake further 20 minutes.

Turn out on to wire rack to cool.

DATE SCONES



DATE SCONES

(at left)

2 cups self-raising flour
 ½ teaspoon salt
 60 g (2 oz.) butter
 ¼ cup sugar

125 g (4 oz.) dates
 1 egg
 ½ cup milk, approx.

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Stir in finely-chopped dates and sugar. Lightly beat egg, add to dry ingredients with sufficient milk to mix to a soft dough. Place on lightly-floured surface, knead slightly. Roll out to 2 cm (¾ in.) thickness, cut with floured cutter. Put on lightly-greased oven tray, glaze tops with milk, bake in hot oven 12 to 15 minutes.

Makes about 12 scones.

WHOLEMEAL DATE SCONES

(at right)

2 cups wholemeal
 self-raising flour
 ¼ teaspoon salt
 125 g (4 oz.) dates
 30 g (1 oz.) butter

1 tablespoon golden syrup
 ½ cup boiling water
 1 egg
 milk for glazing

Sift flour and salt into bowl, stir in finely chopped dates. Add butter and golden syrup to boiling water, stir until butter melts; add to flour mixture with lightly-beaten egg, mix to a soft dough. Turn on to lightly-floured surface, knead slightly. Roll dough out to 2 cm (¾ in.) thickness, cut with floured scone cutter. Put on lightly-greased oven tray, glaze tops with milk. Bake in hot oven 10 to 12 minutes.

Makes about 12 scones.

LEMON BUBBLE BREAD**LEMON BUBBLE BREAD**

½ cup sugar
 ¼ teaspoon nutmeg
 1 tablespoon grated
 lemon rind
 ½ cup milk
 ½ teaspoon salt
 60 g (2 oz.) butter

3 cups plain flour
 15 g (½ oz.) compressed yeast
 1 teaspoon sugar, extra
 ¼ cup lukewarm water
 1 egg
 2 tablespoons melted
 butter, extra

Combine half the sugar with nutmeg and lemon rind, set aside. Bring milk just to the boil, stir in remaining sugar, salt and butter; cool to lukewarm.

Cream yeast with extra sugar, add lukewarm water, stand in warm place 10 minutes, or until frothy.

Sift flour into bowl. Add combined milk and yeast mixtures and egg, mix well. Turn out on lightly-floured board, knead well. Place in lightly-oiled bowl, stand in warm place until doubled in bulk, approximately 45 minutes.

Cut dough in half, then cut each half into six pieces. Work each piece into small ball; place six balls in base of greased 20 cm x 10 cm (8 in x 4 in) loaf tin. Brush with melted butter, sprinkle with half the lemon-sugar mixture.

Place remaining six balls on top, brush with melted butter and sprinkle with remaining lemon-sugar mixture. Place in warm place until dough rises to within 1 cm (½ in) of edge of tin, approximately 40 minutes. Bake in moderately hot oven 35 to 40 minutes or until cooked. Turn out on to wire rack to cool.

PUMPKIN SCONES



PUMPKIN SCONES (at right)

30 g (1 oz.) softened butter
 ¼ cup castor sugar
 1 cup cooked mashed
 pumpkin
 1 egg

½ teaspoon ground ginger
 pinch salt
 ½ teaspoon cinnamon
 ¼ teaspoon nutmeg
 ¼ to ½ cup milk

2½ cups self-raising flour

Beat butter and sugar together, add pumpkin; mix well. Add egg, beat well. Fold in sifted flour, ginger, salt, cinnamon and nutmeg alternately with ¼ cup milk. If necessary, add remaining milk to make a soft dough. Turn mixture on to a floured surface and knead lightly. Pat out to 2 cm (¾ in) thickness, cut out with floured cutter. Place in greased 28 cm x 18 cm (11 in x 7 in) lamington tin. Glaze with a little milk. Bake in hot oven 12 to 15 minutes, or until golden brown. **Makes about 12.**

ORANGE SCONES (at left)

2 cups self-raising flour
 pinch salt
 2 tablespoons powdered milk
 ¼ cup sugar

½ cup orange juice
 2 to 3 tablespoons water
 2 teaspoons grated
 orange rind
 60 g (2 oz.) butter

Sift flour, salt and powdered milk into large bowl. Add sugar and orange rind, mix to combine. Rub in butter until mixture resembles fine breadcrumbs. Pour in all the orange juice and sufficient water to mix to a soft dough. Pat out to approx. 2 cm (¾ in) thickness, and cut into rounds with floured cutter. Place into greased 28 cm x 18 cm (11 in. x 7 in.) lamington tin.

Combine ¼ cup extra orange juice and 1 teaspoon grated extra rind in small bowl, add 12 sugar cubes, allow to stand 1 minute. Press one sugar cube into top of each scone, glaze tops of scones with remaining orange juice. Bake in hot oven 12 to 15 minutes. **Makes about 12.**

MILK LOAVES



MILK LOAVES

4 cups plain flour
2 teaspoons salt
30 g (1 oz.) compressed yeast
1 teaspoon sugar

1 cup water
 $\frac{2}{3}$ cup evaporated milk
45 g (1½ oz.) butter

Cream yeast and sugar in bowl. Melt butter in small saucepan, add milk and water, heat until lukewarm. Add milk mixture to yeast mixture, let stand in warm place 10 to 15 minutes, until frothy.

Sift flour and salt into bowl. Make well in centre, pour in liquid, beat well with wooden spoon until well combined. Turn out on floured board, knead well until smooth, using a little extra flour if necessary. Put in lightly-greased bowl, cover with clean cloth. Stand in warm place, let rise until doubled in bulk, approximately 1 hour.

Turn on to well-floured surface, knead well until smooth. Divide dough into two equal portions, form into smooth loaf shapes. Put in two lightly-greased 20 cm x 10 cm (8 in x 4 in) loaf tins. Cover and let rise again until dough reaches edge of tins. Bake in moderately hot oven 30 to 35 minutes. Turn out and cool on wire racks.

GRANDMA'S BEST SCONES

45 g (1½ oz.) butter
 1½ tablespoons sugar
 1 egg
 pinch salt

2 cups self-raising flour
 ½ cup milk, approx.
 ½ cup sultanas

Cream butter and sugar until light and fluffy. Add beaten egg and salt. Add sifted flour and milk alternately, mix to a soft dough, add sultanas. Turn on to lightly-floured surface, knead slightly. Roll out to 2 cm (¾ in) thickness, cut with round scone cutter. Put scones on greased oven tray, bake in hot oven 7 to 10 minutes.

Makes 12.

PLAIN SCONES

2 cups self-raising flour
 ½ teaspoon salt
 1 teaspoon sugar

30 g (1 oz.) butter
 ½ cup milk
 ¼ cup water

Sift flour and salt into basin, stir in sugar. Rub in butter until mixture resembles fine breadcrumbs. Pour nearly all combined liquid in at once, mix to a soft dough; add remaining liquid, if necessary. Place on floured surface, knead lightly. Roll out to 2 cm (¾ in) thickness, cut with plain round scone cutter. Place on lightly-greased oven tray, glaze with little milk. Bake in hot oven 10 to 12 minutes or until golden brown.

Makes 12.

CHELSEA BUN

625 g (1¼ lb.) plain flour
 2 teaspoons salt
 1 teaspoon sugar
 30 g (1 oz.) compressed yeast
 1 cup lukewarm milk
 ½ cup milk, extra

CHELSEA BUN
 1 egg
 60 g (2 oz.) butter
 ⅓ cup sugar extra
 1 teaspoon mixed spice
 125 g (4 oz.) mixed fruit

Sift flour and salt into bowl. Cream yeast with 1 teaspoon of the sugar, add lukewarm milk, stand in warm place 10 minutes or until frothy. Pour combined yeast mixture, extra lukewarm milk and beaten egg into dry ingredients, stir until well combined. Turn out on to lightly floured board and knead until smooth. Place dough in lightly-oiled basin, cover, stand in warm place until doubled in bulk, approx. 35 minutes. Divide dough in half to make two chelsea buns or use the second half to make a Teacake. Knead half dough until smooth, roll to oblong 20 cm x 30 cm (8 in x 12 in). Cream butter, sugar and spice, spread evenly over dough. Sprinkle mixed fruit over creamed mixture. Roll up lightly from longest edge, cut into twelve 2.5 cm (1 in) slices. Arrange slices, cut side up, in 23 cm (9 in) greased sandwich tin. Stand in warm place until dough reaches edge of tin, approx. 20 minutes. Bake in moderately hot oven 25 to 30 minutes. Allow to cool a little before removing from tin. Brush glaze over while still warm.

Glaze: Put in saucepan 1 tablespoon sugar, 1 tablespoon water and 1 teaspoon gelatine; stir over low heat until dissolved.

TEACAKE

Using other half of dough as mentioned above, knead until smooth. Knead in 30 g (1 oz.) butter and ½ cup sultanas. Shape dough into round shape, approx. 18 cm (7 in.). Place on lightly-greased oven tray. Cut into wedges with sharp knife approximately 1 cm (½ in.) deep. Stand in warm place 15 minutes. Bake in moderately hot oven 25 to 30 minutes. Brush with glaze (as above) while still warm. When glaze has set, ice and decorate with coconut.

POTATO SCONES



POTATO SCONES

(at right)

2 cups self-raising flour
pinch salt
60 g (2 oz.) butter
1 cup mashed potato,
lightly packed

1 egg
½ cup milk
60 g (2 oz.) cheese

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Add mashed potato, mix well. Combine lightly-beaten egg and milk, reserve 2 tablespoons for glazing; add remainder to dry ingredients, mix to a soft dough, using a little more milk, if necessary.

Turn on to lightly-floured surface, knead until smooth. Roll out to 1 cm (½ in) thickness. Cut into rounds with plain scone cutter. Brush tops with reserved egg and milk mixture. Dip top of each scone in finely-grated cheese. Put on lightly-greased oven tray, bake in moderately hot oven 12 to 15 minutes. **Makes about 12.**

INDIAN CURRY SCONES

(at left)

2 cups self-raising flour
1 teaspoon salt
1 teaspoon curry powder
pinch pepper
2 tablespoons finely-chopped onion
2 tablespoons water

1 tablespoon chopped
parsley
60 g (2 oz.) cheese
30 g (1 oz.) butter
¾ cup milk

Sift flour, salt, curry powder and pepper into basin. Stir in onion, parsley, and grated cheese. Melt butter in saucepan, add milk and water. Make well in centre of dry ingredients, add butter mixture, mix to soft dough. Turn dough on to lightly-floured surface knead lightly until smooth. Roll out to 1 cm (½ in.) thickness, cut into rounds with 5 cm (2 in.) cutter. Put on to lightly-greased oven tray; bake in hot oven 12 to 15 minutes or until golden. **Makes 12.**

IRISH SULTANA BREAD**IRISH SULTANA BREAD***(at right)*

¼ cup sugar
1 cup self-raising flour
2 cups plain flour
½ teaspoon salt
1 teaspoon bicarbonate of soda

60 g (2 oz.) butter
½ cup sultanas
1 egg
1¼ cups buttermilk or sour milk

Sift flours, salt and bicarbonate of soda into bowl. Rub in butter until mixture resembles fine breadcrumbs. Add sugar and sultanas, mix well. Beat egg with a little of the buttermilk; add to dry ingredients, reserving a little for glazing. Add almost all remaining buttermilk, mix to soft dough, adding remaining milk, if necessary. Turn on to floured surface, knead into a round. Press into greased 20 cm (8 in) round sandwich tin, cut deep cross on top. Brush with reserved egg-milk mixture. Bake in moderately hot oven 40 to 45 minutes, until cooked when tested. Cool on wire rack.

SODA POTATO BREAD*(at left)*

2 cups plain flour
1 cup self-raising flour
1 cup cooked sieved potato
1 teaspoon bicarbonate of soda
1 teaspoon salt

pinch sugar
30 g (1 oz.) butter
1¼ cups buttermilk or sour milk
1 egg

Sift flours, salt, sugar and bicarbonate of soda. Rub in butter until mixture resembles fine breadcrumbs. Add potato, mix well. Beat egg with half the buttermilk or sour milk. Add to flour mixture, mix in. Add enough of remaining milk to mix to a soft dough. Put dough in lightly-greased 20 cm (8 in) sandwich tin. Cut top in 4 with a sharp knife. Bake in moderately hot oven 30 to 40 minutes. Cool on wire rack. If soft crust is desired, brush lightly, while hot, with melted butter.

IRISH BARM BRACK



IRISH BARM BRACK

4 cups plain flour
 3 tablespoons sugar
 ½ teaspoon salt
 ½ teaspoon nutmeg
 ¼ teaspoon cinnamon
 30 g (1 oz.) compressed
 yeast

30 g (1 oz.) butter
 1¼ cups milk
 2 eggs
 1 cup sultanas
 ½ cup currants
 ¼ cup chopped mixed peel

Cream yeast with 1 teaspoon of the sugar. Put milk and butter in small saucepan, stir over low heat until butter melts, pour into yeast mixture. Let stand in warm place 10 to 15 minutes, until frothy.

Sift flour, salt, remaining sugar, nutmeg and cinnamon into large bowl. Make well in centre, pour in yeast mixture and beaten eggs; beat until well combined. Turn out on to floured board, add fruit, and peel, knead until smooth and elastic. Place dough in greased 23 cm x 12 cm (9 in x 5 in) loaf tin. Put in warm place until dough reaches edge of tin (approximately half an hour).

Bake in moderately hot oven 40 to 50 minutes or until cooked.

Turn out on to wire rack to cool.

Glaze: Stir 1 tablespoon sugar and 2 teaspoons water over low heat until sugar is dissolved.

FOUR FLOUR BREAD



FOUR-FLOUR BREAD

1 kg (2 lb.) wholemeal
plain flour

$\frac{1}{3}$ cup gluten flour

$\frac{1}{2}$ cup soy flour

$\frac{3}{4}$ cup rye flour

30 g (1 oz.) compressed
yeast

3 teaspoons salt

$\frac{1}{3}$ cup brown sugar

$\frac{2}{3}$ cup rolled oats

$3\frac{3}{4}$ cups lukewarm water

$\frac{1}{2}$ cup safflower oil

Cream yeast with 1 teaspoon of the brown sugar, add $\frac{3}{4}$ cup of the lukewarm water. Let stand in a warm place for 10 to 15 minutes, until frothy.

Sift flours and salt into large bowl, return husks in sifter to bowl. Mix in remaining brown sugar and oats. Make well in centre of dry ingredients, gradually stir in yeast mixture, oil and remaining water, beat well. Cover, set aside in warm place until dough has about half-doubled in bulk (approximately $\frac{1}{2}$ an hour). If allowed to fully double in bulk, as is usual with most breads, this bread loses a lot of its good texture.

Knead dough, cut in half; knead each half well for 5 minutes. Cut each of these halves in half again, knead into smooth round shapes. Put two rounds side by side into two greased 23 cm x 12 cm (9 in x 5 in) loaf tins. Stand in warm place about 15 minutes or until dough rises to within 1 cm ($\frac{1}{2}$ in) edge of tin. Brush top of bread with water.

Bake in hot oven 20 minutes, reduce heat to moderately hot, bake further 20 to 25 minutes or until cooked. Turn on to wire racks to cool. **Makes 2 loaves.**

LEMON CRUMB SCONES**LEMON-CRUMB SCONES**
(at right)

2 cups self-raising flour
 ½ teaspoon salt
 60 g (2 oz.) butter
 ¾ cup milk

1 teaspoon grated
 lemon rind
 1 tablespoon lemon juice
 4 tablespoons sugar

Sift flour and salt into bowl, rub in butter until mixture resembles fine breadcrumbs. Add milk, mix to a soft dough. Turn on to floured board, knead lightly. Roll out to 1 cm (½ in) thickness.

Cut into rounds with floured scone cutter, place on greased oven tray, brush with milk. Combine lemon rind, lemon juice and sugar, sprinkle over scones.

Bake in hot oven 12 to 15 minutes.

Makes about 12.

ORANGE RAISIN SCONES
(at left)

2½ cups self-raising flour
 1 tablespoon icing sugar
 pinch salt
 1 tablespoon powdered milk
 30 g (1 oz.) butter

1 tablespoon grated
 orange rind
 125 g (4 oz.) raisins
 1 cup water, approx.

Sift flour, icing sugar, salt and powdered milk into bowl. Rub in butter; add orange rind and chopped raisins. Make well in centre of dry ingredients, add sufficient water to form a soft dough. Turn out on to lightly-floured board, knead lightly. Roll out to approx. 1 cm (½ in) thickness. Cut into rounds using floured cutter. Place on greased oven trays, brush tops with milk.

Bake in hot oven 10 to 15 minutes until golden.

Makes about 18.

RAISIN BREAD



RAISIN BREAD

4 cups plain flour
2 teaspoons salt
30 g (1 oz.) compressed
yeast
1 teaspoon sugar
30 g (1 oz.) butter
2 tablespoons honey

250 g (8 oz.) chopped
raisins
2 tablespoons chopped
mixed peel
1 egg
1 tablespoon milk
1¼ cups lukewarm water

Cream yeast and sugar. Melt butter in small saucepan, remove from heat, add honey and lukewarm water; mix well. Pour into yeast mixture, let stand in warm place 10 to 15 minutes, until frothy.

Sift flour and salt into bowl, make well in centre, pour in yeast mixture; mix until well combined (mixture will be very soft). Cover with clean cloth, stand in warm place until doubled in bulk, approximately half an hour.

Turn on to well floured board, knead until smooth and elastic; knead in chopped raisins and mixed peel. Divide dough in half, knead each half into smooth oblong shape. Place in 2 greased 20 cm x 10 cm (8 in x 4 in) loaf tins. Cover, let stand in warm place until dough reaches edge of tin; approximately 30 minutes.

Brush top with a little of the beaten egg and milk mixed together. Bake in moderately hot oven 30 to 35 minutes. Remove from tin, cool on wire rack.

WHOLEMEAL BANANA BREAD**WHOLEMEAL BANANA BREAD**
(at left)

125 g (4 oz.) butter
 ¾ cup raw sugar
 1 egg
 1 cup wholemeal
 plain flour
 ½ cup wholemeal

self-raising flour
 ¾ teaspoon salt
 1¼ cups mashed bananas
 (2 large or 3 small)
 ¼ cup buttermilk
 or yoghurt

Cream butter and sugar together until very light and creamy. Add egg, beat well. Combine bananas and buttermilk, stirring just enough to mix. Add sifted flours and salt alternately with banana mixture to creamed butter mixture, stirring just enough to combine well. Turn into greased 23 cm x 12 cm (9 in x 5 in) loaf tin. Bake in moderate oven 50 minutes or until cooked. Cool in tin 10 minutes. Remove from tin and finish cooling on wire rack.

APPLE BREAD
(at right)

1 green apple
 1 tablespoon honey
 ¾ cup water
 2½ cups wholemeal

plain flour
 1 teaspoon dry active yeast
 1 teaspoon salt

Peel and core apple, cut into slices. Put in saucepan with just enough water to cover bottom of saucepan; cook covered, until apple becomes pulpy. Stir in the honey and water.

Sift flour, yeast and salt into bowl. Add the apple mixture, mix until well combined. Turn out on lightly-floured board, knead until smooth. Put in greased basin, cover with clean cloth. Stand in warm place until doubled in bulk, approx. 50 minutes. Remove mixture from basin, knead again. Put into greased 20 cm x 10 cm (8 in x 4 in) loaf tin.

Bake in moderately hot oven 30 to 35 minutes or until cooked when tested. Remove from tin and cool on wire rack.

APRICOT LEMON BREAD**LEMON APRICOT LOAF**

750 g (1½ lb.) plain flour
 1 tablespoon sugar
 30 g (1 oz.) compressed
 yeast
 2 teaspoons salt
 2¼ cups lukewarm
 water

250 g (8 oz) dried apricots
 125 g (4 oz.) currants
 60 g (2 oz.) butter
 1 tablespoon grated
 lemon rind
 1 tablespoon lemon juice

Cream yeast with 1 teaspoon of the sugar, add 1 cup of the lukewarm water. Let stand 10 to 15 minutes, until frothy. Sift flour and remaining sugar and salt into bowl, add yeast mixture and remaining lukewarm water, mix until well combined. Turn out on lightly-floured board, knead lightly until smooth. Put in lightly-oiled bowl, cover with clean cloth. Let stand in warm place until doubled in bulk, approximately 30 minutes.

Combine chopped apricots, currants, lemon rind and juice. Add to dough with softened butter, mix well. Knead again on lightly-floured board until smooth. Divide dough in half and place in two greased 20 cm x 10 cm (8 in. x 4 in.) loaf tins. Stand in warm place 10 minutes or until dough reaches edges of tins. Bake in moderately hot oven 30 to 35 minutes or until cooked. Turn out and cool on wire rack.

WHITE BREAD



WHITE BREAD

1.25 kg. (2½ lb.) plain flour, 2 teaspoons salt, ¼ cups sugar, 30 g (1 oz.) compressed yeast, 2½ cups lukewarm water, ¼ cups oil

Cream yeast with 1 teaspoon of the sugar, add 1 cup of the lukewarm water. Let stand 10 to 15 minutes until frothy. Sift flour, salt and remaining sugar into bowl. Make well in centre of dry ingredients, add yeast mixture, remaining water and oil, mix until dough leaves bowl cleanly. Cover, let stand until doubled in bulk, approx. 1 hour. Remove from bowl, knead well; cover, let stand in warm place further ¾ hour or until doubled in bulk again. This mixture will make two of the loaves shown on the card or any two of the breads shown on the divider card.

To make the double loaf shown on this card; divide dough into 4 even pieces, shape each piece into a smooth ball. Place two balls side-by-side in two greased 23 cm x 12 cm (9 in x 5 in) loaf tins. Stand in warm place until dough reaches edges of tins, approx. 30 minutes. Brush top with glaze. Bake in moderately hot oven 40 minutes or until cooked; cool on wire rack.

To make the plait shown on the divider card: take half quantity of the dough and divide into three even pieces. Roll each piece into 30 cm (12 in) length. Secure one end of each length, then plait lengths evenly, secure other end. Carefully lift plait on to lightly-greased oven tray. Stand in warm place until half-doubled in size, 15 to 20 minutes. Brush with glaze and sprinkle over poppy seeds or sesame seeds. Bake in moderately hot oven 35 to 40 minutes.

To make the buns shown on divider card: take half quantity of dough and divide into 12 pieces. Knead each piece into smooth round shape. Place on lightly greased oven tray, stand in warm place until half-doubled in bulk, 10 to 15 minutes. Brush with glaze, sprinkle with poppy seeds or sesame seeds. Bake in moderately hot oven 15 to 20 minutes or until cooked.

Glaze: Beat together 1 egg-yolk and 1 tablespoon milk.

SULTANA BUNS



SULTANA BUNS

4 cups plain flour
1 teaspoon salt
30 g (1 oz.) compressed
yeast
1¼ cups lukewarm milk

1 cup sultanas
60 g (2 oz.) butter
½ cup sugar
1 egg

Cream yeast with 1 teaspoon of the sugar, add milk. Let stand 10 to 15 minutes, until frothy.

Sift flour and salt into bowl, rub in butter until mixture resembles fine breadcrumbs, add remaining sugar and sultanas; mix lightly.

Make a well in centre of dry ingredients, add yeast mixture and beaten egg, mix to a soft dough; knead well. Place dough into lightly-oiled bowl, cover and stand in warm place until doubled in bulk, approx. 30 minutes. Turn on to floured surface; knead well. Divide dough into twelve equal portions, knead into rounds.

Place round balls of dough into greased 28 cm x 18 cm (11 in. x 7 in.) lamington tin, stand in warm place 10 minutes or until dough rises to top of tin. Bake in hot oven 10 minutes, reduce heat to moderately hot, bake further 20 minutes or until buns are golden brown and cooked through. Remove buns from tin, brush with glaze.

Makes 12.

Glaze: Place 1 tablespoon water, 1 tablespoon sugar and 1 teaspoon gelatine in saucepan, stir over low heat until gelatine is dissolved.

HOT CROSS BUNS: Mix ¼ cup sifted plain flour to a paste with a little cold water. Pipe crosses on top of buns before placing them in oven. (For a spicy Hot Cross Bun, sift 1 teaspoon cinnamon and 1 teaspoon mixed spice with the dry ingredients.)